THE HOLDING DISCIPLINE™ • GROW AND HOLD™

THE HOLDING INDEX™

ILLUSTRATIVE SAMPLE REPORT

A reflection of how capability may remain accessible
under changing conditions.

SAMPLE RESULT

68%

Compression Developing

Fictional example profile • Not a real assessment result

What this sample shows

The Holding Index™ is designed to make a current pattern easier to notice across the Six Holding Systems™. The score is a starting point for reflection—not a verdict about a person, a permanent capability label, or a prediction of future performance.

This generic sample demonstrates the kind of structure and interpretation a reader may encounter. All names, scores, categories and example interpretations in this document are illustrative and do not describe any real person.

Recognition before consequence. Awareness before distortion.

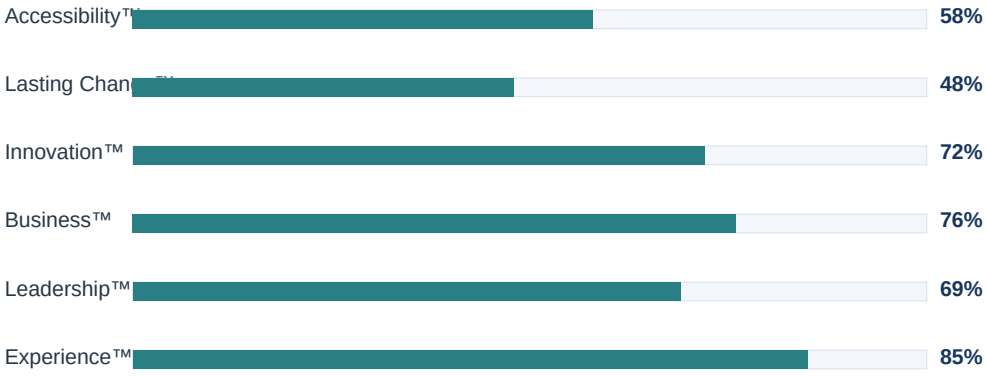
Your Holding Index™

A current snapshot—not a permanent description

An overall result provides an initial signal. The six-system profile adds context by showing how the pattern is distributed across different dimensions. The useful question is not whether a number is good or bad; it is what the pattern invites you to examine.

ILLUSTRATIVE OVERALL RESULT	CURRENT CATEGORY
68%	**Compression Developing**
Example score only	Example category only

Illustrative Six Holding Systems™ profile



The bars are fictional examples included to show the profile format. Actual interpretation depends on the completed assessment, its scoring rules and the context in which the result arose.

How to read the profile

- Look for differences between dimensions rather than treating the overall score as the whole story.
- A lower score is a signal to examine conditions—not proof of a cause or a personal failing.
- A higher score does not guarantee that capability will remain accessible in every future context.

Reading a Current Pattern

What the result can—and cannot—tell you

A result can point to a pattern worth examining. It cannot, by itself, establish why that pattern exists. Responsibilities, environment, pressure and circumstances may all matter, and the assessment does not replace contextual judgement.

Example priority signal

ILLUSTRATIVE AREA	EXAMPLE RESULT
Lasting Change™	48% • Compression Affecting Stability

Questions worth carrying

• What has changed in the conditions surrounding this capability?
• What may be making the pattern harder to sustain?
• Where might exceptional effort be compensating for a condition that needs attention?
• What would help me respond more proportionately?

Priority does not mean root cause

A priority identifies where attention may be useful first, based on the score distribution and the assessment's defined selection rules. It is an invitation to examine—not a diagnosis, blame assignment or automatic instruction to act.

The purpose is not to label the person. It is to make a current signal visible enough to consider.

From Recognition to Deeper Understanding

The Snapshot and the Professional Diagnostic serve different purposes.

SNAPSHOT	PROFESSIONAL DIAGNOSTIC™
Recognise signals An initial overall result and Six Holding Systems™ profile. Identify areas that may deserve attention. A starting point for reflection.	**Understand the pattern more deeply** More detailed interpretation of the six-system profile and relationships worth examining. Closer consideration of compression patterns and development priorities. Personalised direction for reflection and development.

A possible next step

Begin with the complimentary Holding Index™ Snapshot if you want an initial view of your current pattern. If you want a more comprehensive interpretation, consider the Professional Diagnostic™. It is also available through Level 00 membership, subject to the current membership terms.

Your next step should be guided by what you want to understand and apply—not by urgency created by a score.

Important note and limitations

The Holding Index™ is a reflective development instrument. This illustrative document is not an actual assessment report. Actual results record a response pattern at the time of assessment; they are not a personality test, a measure of human worth or permanent capability, a medical or psychological diagnosis, or a prediction of future performance. A result does not establish a definitive root cause and does not replace contextual judgement or appropriately qualified professional advice where appropriate.

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